

# HELMET

No 500

April 2020



## EDITOR'S JOTTINGS

### St Helen's Church

www.sthelensalvs.co.uk  
Rev David Moss 415190

### Licensed Lay Ministers:-

Tracey Black 417660  
Tracey.lynn.black@hotmail.co.uk  
Judith Heybyrne 616725

### Church Wardens:-

Harry Griffiths 612140  
Elaine Lee 419322

### Children's activities -

contact Tracey

### Alveston Methodist Church

Rev Simon Edwards 418176

### Contact Steward

Christine Dugdale 413097

### Stewards

Peter Jones 412912  
Doreen Stears 850453

*Views expressed by contributors are not necessarily those of the Helmet editors or commiÇee.*

*With thanks to Ken Payne for the front cover*

We welcome articles and news of interest from individuals and groups within the Parish of Alveston. Please send articles, digitally when possible, to alvestonmag@gmail.com

Or deliver to the post box at 1 Beech Close, Alveston. BS35 3NH, marked 'for Helmet.

### EDITORS:-

Diane Barnard (01454 885793)

Elaine Lee (01454 419322)

Contact Elaine if you are interested in advertising (elainelee46@virginmedia.com)

### Advertising Rates

Size	Per Issue	Per Year - 10% off
Full page	£48.75	£438.75
Half Page	£28.75	£254.25
Quarter pg	£16.45	£148.00
Eighth pg	£10.95	£98.55

Payment **must** be received in advance, cheques payable to 'Helmet'. Please ask about Bank transfer

Advertisements are accepted on the understanding that goods and services are as described. Every effort is made to ensure that information is correct and reliable, Helmet magazine accepts no responsibility nor gives any guarantee in case of any dispute or claim as to quality, condition or delivery of product or service.

We advise that you check prices when ordering

Interestingly, without any collaboration, on the day before I received the Methodist Church News I was looking at a Bristol Post article with the most common surnames in the City of Bristol - These are the top ten:- Smith - 4,020; Jones - 3,499; Williams - 3,409; Thomas - 2,104; Brown - 2,009; Taylor - 1,922; Davies - 1,835; Lewis - 1,654; Evans - 1,492; Davis - 1,419 - I'm surprised not to hear more Welsh being spoken!

As well as celebrating Helmet's birthday we haven't forgotten Easter & the usual group reports & promotions'. Except that ---

This has been a difficult few days for everyone, including your editors, because lots of the events we originally entered into our diary and advertisements have been cancelled. We have left going to print until the last minute but have eventually decided that we will not know what the future guidance and situation will be - so if there is any doubt you will need to contact some of the organisers of events and activities. We started short of space but then content kept shrinking. We are making every effort to distribute this magazine in the normal way but will probably take a break from the print edition for May. Stay safe and catch up on those jobs where the children let you. Diane Barnard

### A LETTER FROM OUR METHODIST MINISTER

Dear Friends,

I have a plant in the kitchen of my house, I don't know what it is, but I've had it for about ten years and I am very fond of it. I always think it is a miracle that I still have it since my history with plants is not spectacular - I forget to water them and leave them in the dark, but this one plant refuses to give up. Sometimes leaves drop off it (occasionally a whole branch) but it won't give up, and time after time new life springs out from the trunk. That new life doesn't always come as I expect it, it comes in different ways, in different places, and in different shapes - but new life comes! That plant has been on my mind in the last few days

**WANTED**

All types of Jewellery & Costume Jewellery  
old or new, broken or in good repair!  
**TOP PRICES PAID for GOLD & SILVER**  
We buy Clocks, Paintings,  
Ceramics, Glass etc.  
Please **CALL** and leave a  
message for Marion

**01454 201 679**

**Digger & Driver  
Available  
Outdoor Services**

**A.D.D. PLANT**

Groundwork, Digging & Clearing  
Turfling & Fencing etc

**Tel : 01454 417 372  
Mobile : 07866 407 683**

**GLEBE HOUSE**

Care Home, Lower Almondsbury

Our constant aim is to provide a friendly and homely environment which combines full support for your physical needs with facilities designed to suit the widest range of personal interests, wishes and expectations.

The cornerstone of our care is to sustain the dignity, individuality, independence and privacy of all our residents. It is your home, chosen to provide the help and support you now need in life, but in the knowledge that you will be able to enjoy life and spend your time as freely as possible. We always welcome your friends and family visiting the home.

For further information please contact **Jane Hand** on **01454 616116**  
Visit our website: [www.bristolcarehomes.co.uk](http://www.bristolcarehomes.co.uk)

**DO YOU REQUIRE A  
LOCAL TRADESMAN?**

small JOBS DON'T WORRY US ...  
SO FOR :

- General Building and Roofing
- ALL Property Maintenance
- Heating Systems and Plumbing
- Drains and Guttering
- Electrical Services
- From Foundations to Chimney
- ALL Plastering & Rendering

**HANDYMAN &  
MAINTENANCE  
(1978) LTD**  
established 1977  
Special Rates for  
Disabled Persons  
and Senior Citizens  
Phone **01454 414 018**

**❖ QUOTATION ❖**  
without obligation

**SOME OTHER LOCAL  
OPPORTUNITIES FOR WORSHIP**

Christ The King Roman Catholic Church, Thornbury	Mass every Sunday 8:30 and 11:00
United Reformed Church, Thornbury	Sundays 11 am and as advertised
Quaker Meeting, The Chantry, Thornbury	Sundays at 10:30
Thornbury Baptist Church	9:15, 11:00 and 6:30 most Sundays, check the website
Tytherington Baptist Church	Sundays at 11:00

I write this as all of our lives have changed in ways which were unimaginable just a few weeks ago. We are right to think carefully about what we do. How can we continue to care for one another? How will we maintain family relationships? And I have no doubt that we have many, many more questions. As I have asked all of these questions of myself, I began to understand how my plant feels with leaves falling away, with branches dropping off, and feeling the water in my roots drying up! Then I saw a new shoot on that plant, round the back where I have never noticed or expected, life was breaking through! This is where we are. The next few weeks and months will be strange, confusing, and difficult but in it all we must trust that God is present and at work!

We hope that Alveston Methodist Church will be open every Sunday from 1030am until 1130am, not for worship or a social activity; but to simply spend some time in prayer. Along with praying for one another, we must look after each other in whatever way we can. Write letters, send e-mails, Skype or FaceTime friends and family,

John Wesley, founder of Methodism, wrote these words in a sermon:

**'Though ... we cannot exactly tell the manner how it shall be done ... this ought not in the least to weaken our belief of this important article of our faith. It is enough, that He to whom all things are possible hath passed his word that he will raise us again'**

Central to faith is the belief in God who can restore us, who can renew us, who can raise us, and that time will come. The green shoots of renewal will come again. Until that moment we wait and watch. I leave you with a prayer that you may like to use:

God of all hope we call on you today.

We pray for those who are living in fear:

Fear of illness, fear for loved ones, fear of others reactions to them.

May your Spirit give us a sense of calmness and peace.

We pray for your church in this time of uncertainty.

For those people who are worried about attending worship.

For those needing to make decisions in order to care for other

For those who will feel more isolated by not being able to attend.

Grant us your wisdom.

Holy God, we remember that you have promised that

Nothing will separate us from your love –

demonstrated to us in Jesus Christ.

Help us turn our eyes, hearts and minds to you.

With every blessing, Simon



## CWG DESIGN & BUILD LTD

-A comprehensive building service from design to completion -

Local reputable building contractors with over 30 years' experience  
- references available upon request

New builds with NHBC warranty, extensions, loft conversions,  
annexes, renovations and lots more



Tel: 07980 858249, 01454 501104, email: cwgdesignandbuild@gmail.com

## FRONTLINE-MARTIAL-ARTS

OLYMPIC STYLE TAEKWONDO - TRADITIONAL MARTIAL ARTS - EFFECTIVE SELF DEFENCE

**Mighty Mites** (under 10's) : Fridays 4.30 - 5.15pm

**Juniors** (ages 10 - 13) : Mondays 7.15 - 8.15pm

**Adults** / over 13's : Mondays 8.15 - 9.45pm

**ALVESTON YOUTH CENTRE**



Tel : 07771 692 222  
www.frontline-ma.co.uk

## LOCAL HALLS AVAILABLE TO BOOK

### ALVESTON YOUTH CENTRE -

Shirley Whyte 416793

### JUBILEE HALL -

Carolyn Melford 07979  
307753

### METHODIST CHURCH HALL -

Valerie Keates 413810

### ST HELEN'S CHURCH -

Elaine Lee 419322

**GREAT NEWS!**

*Jubilee Hall,  
Alveston now has  
DAYTIME AVAILABILITY*

*and is perfect for:*

- fitness classes - dances - family occasions -
- meetings - parties - clubs - music groups -

*Additional smaller 'Duck Room' also available, seats 12*

For details, please contact Carolyn Melford,  
email: jubileehallbookings@gmail.com

## NOTICE OF ANNUAL PARISH MEETING

ON MONDAY 27TH APRIL 2020  
AT 7.30 IN THE JUBILEE HALL

THIS IS THE ANNUAL MEETING OF THE  
PEOPLE OF ALVESTON PARISH &

OPPORTUNITY TO ASK  
QUESTIONS OF THE PARISH COUNCIL.

**COME AND HAVE YOUR SAY!**

In attendance, the Parish Councillors, your  
local South Gloucestershire Councillors,  
representatives of the Jubilee Hall, the Youth  
Club, Alveston Charities, St Helen's School,  
the Police and many local residents.

**JOIN IN THE DISCUSSION**

## D-CR DOMESTIC APPLIANCES

### DOMESTIC APPLIANCE REPAIR SPECIALIST

AFFORDABLE REPAIRS TO YOUR  
WASHING MACHINE, TUMBLE DRYER  
DISHWASHER, FRIDGE, FREEZER,  
COOKER, HOB OR HOOD

Tel : 01454 850 522

Mob : 07917 441 539

www.d-crdomesticappliances.co.uk

**No Call-Out Charge**

## MORE WOOL WANTED PLEASE -

for the St Helen's Church

Knitting Club

We meet in the church on  
the SECOND THURSDAY of

**CANCELLED**

For more information

please contact

Judith Heybyrne

on 01454 616725

## THORNBURY'S first FITNESS FESTIVAL

WAS TO BE HELD

Fri 22<sup>nd</sup> – Sun 24<sup>th</sup> May 2020 -

Armstrong Hall Complex

**But has been postponed**

**until January 2021**

For more information please

contact Natasha Johnson

on 0781006872 or by email:

natashaleschinski@gmail.com

## St Helen's Church Services – April 2020

5<sup>th</sup> April 8am Holy Communion  
(Palm Sunday) 10.30am All Age Worship

12<sup>th</sup> April 8am Holy Communion  
(Easter Sunday) 10.30am All Age Worship

19<sup>th</sup> April 8am Holy Communion  
(Good Friday) 10.30am All Age Worship

26<sup>th</sup> April 8am Holy Communion  
(Easter Sunday) 10.30am All Age Worship

Just a few hours ago (17.03.2020) the C of E announced the cancellation of all services... but we don't know how long for.

St Helen's will be open each weekday morning from 9-10, and on Sundays from 10:30-11:30, with someone you can talk and pray with.

St Helen's also plans to host a 'community resources' noticeboard.

Contact details if you need the vicar or a licensed lay minister are on the inside front cover

A quote from 'Say Yes to Life' by Ruth Valerio that some of us have been studying for Lent:

Easter is God's seal that the last word on creaturely life will be peace and praise, and the joy of that hope is already seeping into the present.

Amy PlanFnga Pauw

GOOD FRIDAY 10TH APRIL- POSSIBLY - 10am Messy Church Easter Workshop All children welcome, must be accompanied by an Adult.

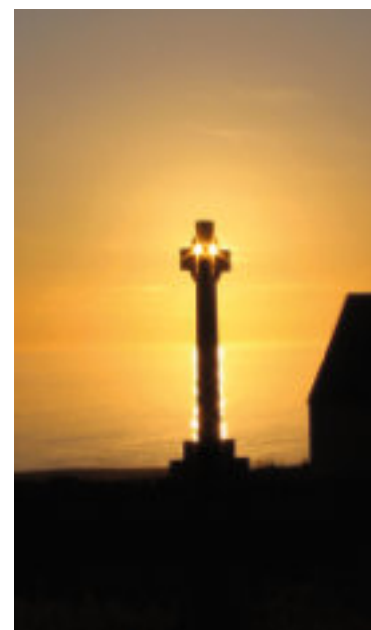
## ST HELEN'S CHURCH NEWS

We are almost half way through Lent and hope and you will note our Easter Services. A very warm welcome awaits you at any of our services and at any of our churches.

**Our annual Easter Tea for older members of our community will unfortunately no longer be held this year due to concerns about Covid-19.**

??? Sunday 26<sup>th</sup> April is the date fixed for the **Annual Parochial Church Meeting**. It will take place after the 10.30am service at approximately 11.30am. Anyone is welcome to attend. Please feel free to come along and see what has been happening and what will happen at St Helen's in the coming year.

**?? CATS APRIL MEETINGS** - We are delighted to welcome CATS (a subgroup of Sustainable Thornbury) into our Community Space for their next meeting on 20<sup>th</sup> April at 7.30pm. The Group are currently putting on a monthly educational meeting open to the public (up to £1.00 donation for room hire) on climate and sustainability issues. See page 39



**GROUPS AND CLUBS** – all are welcome to any of these groups.

**Tuesday 2-4pm** – Open Church, pop in for a time of quiet, a chat or just to have a look.

**The following are not happening in April and beyond**

**Wednesday 12-2pm** – Lunch Club (second and fourth Wednesdays - contact Judith Heybyrne on 01454 616725)

Knitting Club on the second Wednesday monthly.

**Fridays 10-12noon** – Art Group (contact Anne Harrison 01454 885532)

**Last Sunday** of the month St Helen's walking group "Foot Prints" leave church at 2pm.



# B-Clean

**Professional Carpet & Upholstery Cleaning Service**

*We also clean Leather Suites and Oriental Rugs*

For a FREE quotation or if you have an enquiry **Contact Jim on:**

**Telephone:** 01454 615349

**Mob:** 07836 377697

**Email:** bcleancarpets@gmail.com

**www.bcleancarpets.co.uk**



**"I provide a Quality Service giving my customers value for money!"**  
Jim Reid  
Owner of Bclean

**Made to Measure Curtains and Blinds**



## Curtains and Blinds

- Choose in the comfort of your own home
- Complete service from free measure and quote to full fitting
- Large selection of fabric samples
  - Full range of blinds
  - Tracks and Poles

**Grant Bartrop**

**t:** 01453 521751

**m:** 07799 822691

**e:** info@athomecurtainsandblinds.co.uk

**w:** www.athomecurtainsandblinds.co.uk

**A local service with 25 years experience**

# Thornbury Motors



**Servicing and repairs on all makes**

**MOTs | Tyres | Batteries | Exhausts**

**thornburymotors.co.uk**

**01454 412535**



**Grovesend Road  
Thornbury  
Bristol  
BS35 2EF**



## ALVESTON METHODIST CHURCH NEWS

There are some interesting surnames among the residents of Alveston. Some of them go back to the 17<sup>th</sup> century and further. You probably know of neighbours by the name of Clutterbuck (emerged from Flanders, an important trading partner of Britain. Many settled in Gloucestershire.) Another familiar name is Wannacott which is probably Cornish and Devonian. Vizard is a well-known name locally. It goes back to Norman times. In 1891 there were 89 Vizard families living in Gloucestershire. We also have many Taylors and Kings, many connected to local farms. A walk around St Helen's Churchyard will reveal many names that bring back memories, Biddall, Champion, Savoury, White, Curtis and many more. All these families have in some way influenced and contributed to the community.

A very well-known name in our church was John Dyer. (Medieval cloth dyer). John was a teacher at Marlwood and we have a lot to thank his family for over the last 50 years. If you have read your *Helmet* for March you will have seen his editorial for *Helmet* 1972.

There are other names that have passed through our church doors, some unknown, old friends and new. In the Bible we learn that our names are written on the palm of His hand. How comforting is that, to know that God knows us all by name.

It seems that the more we investigate our local history, we find the names of people who have been willing to get involved with this

community, to lead committees, to support the churches, to build up clubs and groups. Each of these groups becomes a support group for its members; friendships are made and life is the better for it. As Archbishop of Canterbury, William Temple, once said, 'The Church is the only society that exists for the benefit of those who are not its members.' This is indeed something to think about, especially today when we are looking for ways to benefit our community by innovative outreach ideas.

Lent Over the Lent period, mostly during March, Alveston Methodist Church has been giving things away. Did you notice? It could have been a gesture of friendship, support or appreciation, a note of thanks, a random act of kindness, even a smile. Or it could have been an item or treat left on your doorstep. The Give-Away Saturday or Sunday possibly in April where you were invited to take something from the table on the Parade or outside Church, something nice like cake, books, toys or plants, has now been postponed.

Why are we doing this? Because Lent is not just about giving up your favourite things but doing something positive for other people. And because 'God loves giving and gives lovingly' so we should try to do the same.

**Thornbury Stairlifts**  
SALES SERVICING & REPAIRS

- New & Re-conditioned Stairlifts & Warranty
- Removals & Relocations
- Free Surveys & Quotes – No Obligation
- Rentals for Straight Stairs

Independent, Professional & Friendly Advice  
Over 24 years practical experience

Independent Stairlift Specialist  
**01454 413748 07833 318722**  
www.thornburystairlifts.co.uk






We have also been trying to keep an eye on our older neighbours and help them out where possible. The phone lines and communication services on-line will be buzzing in Alveston over the next few months, as everybody does what they can to make life comfortable and interesting.

Our minister: Rev Simon Edwards: 01454 418176;  
email: [simon.edwards@methodist.org.uk](mailto:simon.edwards@methodist.org.uk)

**JC 4x4 Ltd**  
SPECIALIST IN LANDROVER  
SERVICE · REPAIR WORK · DIAGNOSTICS · MOT'S  
OTHER VEHICLES WELCOME

CALL JAMES : **01454 261067**  
**07966 086447**



**J. PAYNE**  
**CARPENTRY SERVICES**

Fitting of Internal & External Doors  
All Types of Security Locks  
Fitted Wardrobes · Fitted Kitchens  
Laminated Flooring

**NO JOB TOO SMALL**  
**Tel Home : 01454 412 790**  
**Mobile : 077 888 377 78**

**YOUR PC GURU**  
COMPUTING FOR 'MERE' MORTALS  
**01454 616365**

- Home visits
- Home Wireless
- Computer Repair & Broadband
- Phone & Tablet setup
- Smart Home Tech
- Complete Mac support

**www.yourpcguru.co.uk**  
Technology Advice & Repairs

**ANDY'S TAXIS**  
of Thornbury

**Tel : 01454 414 002**  
**Mobile : 077 68 758 208**  
**Taxis and 16 Seat Minibus**

Proprietors  
Andy & Julia Deane  
53 Charles Close  
Thornbury BS35 1LW

All the worship services and meetings are cancelled until further notice.

We hope that Alveston Methodist Church will be open every Sunday from 1030am until 1130am, not for worship or a social activity; but to simply spend some time in prayer.

Check notices on the church door and entries in our Facebook page –  
'Alveston Methodist Church'

#### SUPPORT YOUR LOCAL INDEPENDENT BUSINESSES

**Lots of them advertise in the Helmet**

**There's not much you can't buy at The Parade, on Down Road and at local farm gates.**

**There should be less risk of infection and silly scrummages.**



**Alveston Toddler Group**  
  
 MONDAYS : 9.45 - 11.45 (term time)  
 ALVESTON METHODIST CHURCH HALL  
 Greenhill, Alveston  
 For Parents/Carers with babies or children under 5.  
 Cost £2.00 per family to cover tea, coffee, juice and biscuits  
**Come and join the fun!**  
**EVERYONE WELCOME!**  
 email : [alvestontoddlergroup@gmail.com](mailto:alvestontoddlergroup@gmail.com)

As food prices rise, and we contemplate the impact of our globalised food industry on greenhouse gas emissions, stop buying the stuff and then throwing it in the bin.... If food waste was a country, it would be the third biggest emitter, apparently – that's more than aviation..... (Nikki Jones)

**HOME IMPROVEMENTS**  
 phone Mark Williams for  
**FREE QUOTES**  
**NO JOB TOO BIG OR TOO SMALL**  
  
 Mobile : 079 891 126 18  
 Home : 01454 413 946  
 Email : [tog007@blueyonder.co.uk](mailto:tog007@blueyonder.co.uk)

**FootCare**  
**HOME VISITING PRACTICE**  
 For the treatment of :  
 ● Corns - Callouses - Hard Skin  
 ● Verruca Care  
 ● Nail Trimming & Problems  
 ● Diabetic Care  
 Call **07853 097 750**  
 Philippe Everest NMP & MCHP

**ANDREW MURPHY**  
**Painting & Decorating**  
 A Reliable Decorator with many years of experience  
 CITY & GUILDS Qualified  
 Quality Internal and External  
 Commercial and Domestic work  
 For a FREE No Obligation Quote contact:  
**077 87 128 481** (daytime)  
**014 54 612 657** (evenings)

**Press 4 u**  
**Ironing service**  
 Drop off & collect. Or we can collect from your home/workplace & return at a time convenient to you  
**Tel 07986 431682**  
 Email [press4u@live.com](mailto:press4u@live.com)  
[www.press4u.co.uk](http://www.press4u.co.uk)  


**D.R.VIZARD and SONS**  
**ROOFING and HOUSE MAINTENANCE**  
 UPVC Soffit · Fascia & Guttering  
 Re-Roofing & Repairs · Chimney Repairs ·  
 External Painting · Registered with ageUK  
 House · Garden & Garage Clearance undertaken  
  
 ♦ Reliable Local Builders ♦  
 Prop : D.R. Vizard & M. Vizard · Tel : 01454 416 948

## METHODIST CHURCH ARCHIVES

### Pews for hire

As the many groups who hire the Methodist Church at Greenhill know, the chairs are movable and have relatively soft seats which are free to use, although there may be a retiring collection or an offertory taken. This was not always the case. The old chapel originally had pews for which rents were charged. The chapel may well have been one of the main centres of social as well as spiritual life in the village, but it did not offer comfortable and soft seated moveable chairs and pew rents only ceased in 1888.

If you have any photographs or memories of older or present buildings at Greenhill which you are happy to share, please let Christine Dugdale (01454 41309) know and help us to celebrate the 50<sup>th</sup> anniversary in 2021.

## THORNBURY AND DISTRICT U3A

We have nearly 1,800 members and around 90 different interest groups meeting at various venues throughout the area but there is always room for more! The groups mainly meet during the day and interests range from Archaeology to Walking, with all subjects in-between. Some meet weekly, other less often and they include physical activities, crafts, board and card games, organised visits to gardens and churches, concerts and theatre as well as purely "educational" topics. Details of all our groups, including Group Leader contact details, venue and times of meeting, can be found on our website – [www.thornburyu3a.org.uk](http://www.thornburyu3a.org.uk).

For further information visit our website or phone our Membership Secretary, Jackie Gitsham on 858438 or our Chairman, Norman Taylor on 418396.





We'll treat you  
like family

Here at Lisa Costa we know that family matters. Market your property with us and we'll treat you as one of our own; we promise to concentrate on even the little things that make a big difference to your move.



Share in our success of selling homes



**lisa costa**  
RESIDENTIAL SALES & LETTINGS

01454 279734

[www.lisacosta.co.uk](http://www.lisacosta.co.uk) [www.lisacosta.tv](http://www.lisacosta.tv)



**Providing Legal and business support for private clients and businesses**

**Specialists in :**

- ◆ Will Writing
- ◆ Estate Administration
- ◆ Asset Protection

'Whether you require a Will, Power Of Attorney or even some asset protection advice . . . we are here to help you and provide the best solution . . . !'



**Evening and weekend appointments are available on request at NO additional cost**

Our firm, originally established in 2004 is able to offer expert legal advice covering different areas of the law. We provide an excellent service to you, by ensuring that you will be dealing with a legal advisor specialising in your problem area.

We understand that when people require a lawyer they have been put at an inconvenience and so we will do our utmost to work around your schedule. We will visit at a time that suits you whether that means

an evening or weekend appointment and we always make ourselves available by telephone and email for any small query you have. What stands us apart from many law firms is that we undertake on a fixed fee basis, agreed in advance, to ensure you are comfortable with the fees which will be levied once all the work has been undertaken.

Because we deal with limited areas of specialism, you will receive the most current advice tailored specifically to your needs.

We often work in conjunction with financial advisors, accountants and solicitors to provide our services to their clients.

We would encourage you to view the services we provide, read the testimonials from satisfied clients and contact us to arrange your first meeting. We believe that the first consultation should be Free and view it as an exploratory meeting after which there are no obligations to instruct us to carry out any work.

**[www.hutchinson-legal.co.uk](http://www.hutchinson-legal.co.uk) : 01454 300 600**

**February 2020**

artist, illustrator, florist and teacher,  
Lorna Page

Despite the effects of storm Ciara our February meeting was well attended, and it was good to welcome more visitors and new members.

We were entranced by the artist, illustrator, florist and teacher, Lorna Page, who described her creative life. It was a delight to hear her express how fortunate she feels to live on her Shepperdine farm and to be able to draw on the countryside for her art work.

For years Lorna ran a Florists shop and somehow she still manages to find time for her wedding floristry work. This has led to the additional skill of creating her children's' book, "Flora the Florist", together with the local film writer Bob Baker (BAFTA winner) and who is perhaps best known as a co-author of some of the Wallace and Gromit films. She is currently seeking publication of her second book, which is a timely story of personal identity. "Odd" is a gender neutral sock and she shared with us her process of writing and illustration. The children of Oldbury school are fortunate to have her working there.

Lorna refers to her early art work as "folk art" and she has produced a number of paintings of local villages, inserting their key features into her attractive and recognisable designs. Now she has also developed a looser style which shows her love of creatures and flowers as country art. She wants to see her soul in her work and had plenty of messages for us about just being ourselves and evaluating our priorities in life. She chooses to face her set backs and challenges and celebrates the gift she has by working hard.

Lorna's most recent enterprise is the classes she is running at Turnberries. I would expect her cheerful disposition and her clear explanation of the techniques she uses will result in an excellent response from her students. I personally recommend a visit to her studio on the next Severn Art Trail.

Among the items on our agenda, we learned that our skittles team is now through to the third round of our Federation competition, and we are encouraged to use the new suggestions box which has appeared on our President's table.

**ALVESTON W I NEXT MEETING is on EASTER Monday April**

**13th- 'Natural' With Jetta**

**Blumenthal. Visitors are welcome**

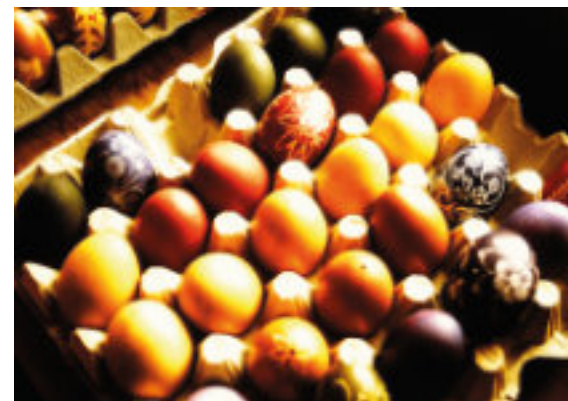
**CANCELLED**

## THE EASTER EGG TRADITION

Eggs have been associated with Easter since the early days of the church. Christian customs are to some extent adaptations of ancient pagan practices related to spring rites. The egg has long been a symbol of 'fertility', 'rebirth' and 'the beginning'.

The Victorians had cardboard, 'plush' and satin covered eggs filled with Easter gifts and chocolates. Chocolate Easter eggs were first made in Europe in the early 19th century, with France and Germany taking the lead. Some early eggs were solid, as the technique for mass-producing moulded chocolate had not been devised. By 1893 there were 19 different lines on the Cadbury Brothers Easter list in the UK.

In many countries decorated eggs are given as gifts, and egg



hunts have become a big thing, but the Bible Society found that 43% of eight to fifteen year olds indicated they had never read, seen or heard the story of the Crucifixion of Jesus.

With the rise of Christianity in Western Europe, the church adapted many pagan customs and the egg, as a symbol of new life, came to represent the Resurrection. Some Christians regarded the egg as a symbol for the stone being rolled from the sepulchre.



## ALVESTON REPAIR CAFE

### A Successful Event

Despite everything that storm Dennis could throw at us on Saturday the 15<sup>th</sup> Feb the Alveston Repair Café held their second event with an increased number of visitors and an increase in the number of items repaired. "People were coming in out of the rain at such a rate that it almost overwhelmed us" said Peter Waller. Fortunately, with 17 volunteers repairing things, an efficient admin team, and of course a refreshments team distributing coffee, tea and a mountain of cake we were able to do justice to the numbers.

Out of 75 things to be repaired: 39 were repaired or advice was given leading to a repair, 15 were taken away by volunteers to be repaired at home. Most importantly everyone seemed to be enjoying the event.

The Repair Café had a number of new recruits this time, including Sue whose skills are in ceramic repair. She tackled about 7 items ranging from jars and jugs to figurines. Also, there is an expanded team with electrical and electronic skills. The bicycle team were offering a "Bicycle Health Check". With the generous support and a gift of spare parts from Pete's Cycles of Thornbury the bicycle section and its "Health Check" service is set to be a major part of future Alveston Repair Café events.

Shirley told us "One lady asked if I could repair the stitching on the handle of her navy blue leather handbag. She'd had it over 20 years. She liked it so much, it held a lot of memories for her and so she didn't want to replace it. Leather repairs are not really my thing, but I said I'd give it a go. My hand repair seemed to do the job and she went away one very pleased but special lady."

Jack brought us a flat screen TV which seemed to be completely dead. Steve plugged it in and after some tinkering it just started working. A Miracle? – Well we were in a church!

A hundred year old child's rocking chair is still being worked on. It was used by the owner's grandmother as a child. She had been given it by an old woman (family friend) who had used it as a child. We are replacing one of the rockers which has snapped off.

While working on a blender, two of us spent half an hour trying to undo a nut. We were very frustrated and had tried everything when I wondered if it was a left hand thread! It was! The job was done in 30 seconds. You live and learn!

Alveston Repair Cafés are booked for 12<sup>th</sup> September and the 14<sup>th</sup> Nov at St Helen's Church Alveston between 10am and 1pm.

2<sup>nd</sup> May is CANCELLED



15th Feb 2020  
ALVESTON  
REPAIR CAFÉ

The home of fair price funerals

A direct cremation from £1360\*

A simple funeral service from £2260\*

Bespoke funeral services for burial or cremation

Religious, spiritual or humanist funeral services

Fully guaranteed pre-paid funeral plans




177 Crow Lane, Henbury, Bristol, BS10 7DR

Telephone: 0117 950 8066

Website: [www.bcm-funerals.co.uk](http://www.bcm-funerals.co.uk)

Email: [admin@bcm-funerals.co.uk](mailto:admin@bcm-funerals.co.uk)

\*Conditions apply



**Rachel's Nails**

Gel polish £25 (hands or feet)

Both hands and feet for £45.

07583200275

Rachel's Nails Alveston @rachelanailsalveston  
The Claret, Thornbury Rd, Alveston, BS34 3JG

YOUR LOCAL CHARITY  
SHOP  
MULTIPLE SCLEROSIS  
PEOPLES HELP  
***NEED YOUR SUPPORT***

WITH DONATIONS OF CLOTHES SHOES BAGS  
BOOKS BRIC, A BRAC JEWELLERY MOBILITY ITEMS  
SCOOTERS WHEELCHAIRS ROLLATORS ELECTRIC  
ITEMS

13 ST MARY STREET THORNBURY  
01454 418144/07931579987  
OUR CHARITY HELP PEOPLE WITH M S  
IN THE HOME AND GARDEN FREE OF  
CHARGE

***WE COLLECT ROGER & CHRIS***



**BonneFreshClean**  
Carpet & Upholstery Cleaning Specialists

Professional carpet, upholstery  
and leather cleaning carried out  
with care by an all-female team



Relax and enjoy beautifully clean and fresh carpets and upholstery

For a free no obligation quotation call Karen on  
**01454 436001 or 07774 908410**  
[www.bonnefreshclean.co.uk](http://www.bonnefreshclean.co.uk)  
44 Townsend Lane, Almondsbury, Bristol, BS32 4EQ



**FIVE STAR TRAVEL**

Thornbury based taxi  
1 – 6 people any short or long  
journeys

We also have:  
11 passenger minibus  
16 passenger mini coach

All airports covered  
Any times pre-booked

**01454 852 718**  
**07980 417 559**



## DATES FOR YOUR DIARY

### The following groups and organisations meet regularly :

St Helen's Pre-school Little Stars at St Helen's School: Mon-Fri 8:50-15:30  
 Toddler Group, Alveston Methodist Church Hall: Mondays 9:45-11:45 (term time)  
 Orthopaedic Pilates, CTK: Mondays 9:30am from 6<sup>th</sup> April (07977632003)  
 Fitness Pilates, Alveston Youth Centre: Tuesdays 11:00  
 Thornbury & S Glos Amateur Radio Club, The Chantry: Wed 7:30pm (413 177)  
 Luncheon Club, Alveston Methodist Church Hall: Thursdays 2:15  
 Zumba Fitness, St Helen's School: Thursdays 6-6:55 pm and 8:05-9pm  
 Fitness Pilates, St Helen's School: Thursdays 7-7:55 pm  
 Thornbury Chamber Players: MC: fortnightly Thurs 7:45-9:45 pm  
 Sharon Phillips School of Dancing, St Helen's School: Mondays; Jubilee Hall:  
 Mon, Tues, Wed, Thurs, Sat; Alveston Youth Centre: Fri and Sat.  
 Play and Praise, Alveston Methodist Church Hall: 1st and 3rd Fridays 2:15-3:15  
 Breakfast Club, Alveston Methodist Church Hall: 1<sup>st</sup> and 3<sup>rd</sup> Sundays 10:00

## APRIL DIARY 2020

Wed	1	10:30	Charity Coffee morning - Friends of Thornbury Hospital	MH
Thurs	2	14:30	St Peter's Hospice SG Spring Flower demo, tkts Town hall	TMH
Fri	3	13:00	Thornbury Carers Support Group.(Sian 07875 400 301)	Chantry
Mon	6	19:00	Alveston Parish Council - Planning Committee Bush Room	JH
Mon	6	19:30	Alveston Gardens Assoc - Out & About with AGA - Roland Harley	JH
Tue	7	10:30	Thornbury Macular and Low Vision Support Group	TMH
Tue	7	19:30	Northavon Dolls House Club - 501 901 for details	MH
Mon	13	19:30	Alveston WI - Natural Health with Jetta Blumenthal	JH
Mon	20	19:00	Alveston Parish Council - Planning Committee	JH
Mon	20	19:30	Alveston Parish Council - Parish Council Meeting	JH
Wed	22	19:30	Alveston Local History Society Royal Palaces of Cheddar	
			- John Page	MC

## MAY DIARY 2020

Fri	1	13:00	Thornbury Carers Support Group.(Sian 07875 400 301)	Chantry
Mon	4	19:00	Alveston Parish Council - Planning Committee Bush Room	JH
Mon	4	19:30	Alveston Gardens Assoc -Villa Gardens of Italian Lakes	JH
Tue	5	10:30	Thornbury Macular and Low Vision Support Group	TMH
Tue	5	19:30	Northavon Dolls House Club - 501 901 for details	MH
Wed	6	10:30	Charity Coffee Morning - Cancer research UK	MH
Mon	11	19:30	Alveston WI - Resolutions and ...	JH
Sat	16	19:30	Alveston Singers	TBA
Mon	18	19:00	Alveston Parish Council - Planning Committee	JH
Mon	18	19:30	Alveston Parish Council - Parish Council Meeting	JH
Tues	19	19:30	Alveston Singers	TBA
Wed	27	19:30	Alveston Local History Society - Gloucester Cathedral's Royal	
			Connections - Richard Cann	MC

**Please pass on your annual programmes and details of future events (deadline 1<sup>st</sup> of the month) to Tony Houghton, 2 Beanhill Crescent, BS35 3JG. They can be accepted by email to [Diaryhelmet@btinternet.com](mailto:Diaryhelmet@btinternet.com)**

AH	Armstrong Hall
CH	Cossham Hall
CTK	Christ the King Social Club Thornbury
JH	Jubilee Hall
MC	Alveston Methodist Church
MH	Alveston Methodist Church Hall
TMH	Thornbury Methodist Church Hall

**PLEASE NOTE THAT DUE TO COVID-19 MANY OF THESE EVENTS AND OTHERS IN THE 'HELMET' HAVE CURRENTLY BEEN CANCELLED OR POSTPONED. WE HAVE HELD BACK GOING TO PRINT AS LONG AS POSSIBLE BUT SUGGEST THAT YOU CHECK WITH THE ORGANISERS IF YOU ARE UNSURE. KEEP SAFE, WASH YOUR HANDS, LOOK OUT FOR NEIGHBOURS AND FOLLOW GOVERNMENT GUIDELINES. Beware of scam emails and IF YOU SEE SOMEONE OUT WALKING ON THEIR OWN IT MAY BE THAT YOU NEED TO GIVE THEM SPACE.**

**There are some flyers for neighbours on pg 46 but I expect by the time you receive this you will have communicated with neighbours.**

**CONGRATULATIONS** and a big 'Thankyou' to the many many people who have been quietly behind the success and work of Helmet over the past 50 years. The contributors, editors, treasurers and other committee members, collators, advertisers, and distributors, all an essential part of the team.

### LET'S BEAT COVID -19

I know that it is problematic for many of our community to use the internet but if there is someone who can get you set up you can use Skype and Facetime etc to communicate with friends and relatives.

You can interview older relatives online about their memories, or even write letters. Sign up to a family history database and work with your youngsters on family history, then scan photos and put together a photo-book with text using an online publisher.

You can learn a new skill or brush up on an old one using Youtube and Facebook - photography, food growing, dog training, drawing and painting are a few I have lined up. Maybe playing an instrument. But not how to use a chainsaw!

There are lots of educational resources online for children and young people. Futurelearn.com has loads of short courses produced by universities, accessible free.

The body coach - Joe Wicks - and lots of others, including locals, are leading PE lessons and exercise classes online. Don't sit down for too long, keep on the move.

I don't anticipate streets of singers as in Italy, But it is rather a good idea.

DB

### SOUTH GLOUCESTERSHIRE OVER 50'S FORUM

The second of the large Forums planned by the South Gloucestershire Over 50s Forum was held at the end of February at the Stoke Gifford Retirement Village. Information centred upon the proposed changes/ rises to adult care fees and charges outlined in the Council's online consultation which was about to end (17 March). The proposed changes for those who have to pay for their own adult social care (those with over £23,250 in savings) will affect new clients, but not anyone already using Council services. New users of dementia, learning disability and specialist day care will be charged £96.30 per day instead of one of the 3 different rates currently used and a charge of £295 one off arrangement free will be made with an annual charge of £75 for those choosing for the Local Authority to arrange their care. There were many comments and questions from the audience who were very concerned about the additional costs.

Representatives of Sirona who have won a 10 year contract from April then spoke about their intention to provide integrated health provisions across Bath, North Somerset, Bristol and South Somerset.

A large Forum on the subject of Housing in Later Life has also been planned for Friday 3 April at St Michael's Centre, Stoke Gifford (close to Parkway Railway Station) from 10 am for 10.30 am start until 12.45 pm. Discussions will cover such subjects as downsizing or equity release. The opening speaker will be Sue Adams who is the Chief Executive of Care and Repair England. There will also be a Market Place of organisations who can help and assist as well as give information.

The South Gloucestershire's Over 50s Forum's AGM is due to be held on Thursday 28 May at the Methodist Church, Badminton Road, Downend at 1.30 for a 2pm start until 4 pm. The guest speaker will be Dave Perry, CEO South Gloucestershire Council.

Members can ask for transport to the April and May meetings. See our web site for details. All meetings are free with free refreshments for both members and non-members. Details of the next local meeting in Thornbury will shortly be found on the South Gloucestershire Over 50's Forum website:

Website: <http://southglosover50sforum.btck.co.uk/>

The South Gloucestershire Over 50's Forum is a charity whose mission is to represent the voice, profile, needs and interest of people over 50 in South Gloucestershire and to campaign for inclusion, justice, respect and recognition. Membership is free. Ask for a membership form or just come to a meeting.



A rare dry day seemed to have encouraged the members out to this month's meeting and we soon settled down to business. Our president, George Hargreaves had declined on our behalf, an invitation to get involved in a gardening exhibition at Thornbury Library. Roger Pickford could not attend the meeting but sent word to say that everything was organised for the trip to Cornwall. Only the seating plan for the coach remained to be done. George gave us a brief botany lesson on the difference between a primrose and a polyanthus. A primrose bears its' flowers on one stem while a polyanthus has multiple flower stems. There were no gardeners' questions and George's topical tip was to recommend visiting some of the gardens with snowdrops displays. His personal favourite is Colesbourne Park.

We were then able to welcome Sue Dodds and Sue Smith to talk about their **trip to the Pyrenees**. They originally wanted to go on a specialist butterfly hunting holiday but that was cancelled for lack of support. They found an alternative holiday which focussed on the wildlife of the area based in a guest house owned and run by English people in Bareges in the Haute-Pyrenees. They flew from Stansted airport accompanied mostly by pilgrims going to Lourdes. Their hostess picked them up from the airport in Lourdes and they prepared themselves for an interesting and energetic week.

Their first walk, just to familiarise themselves with the area was supposed to take about an hour but they were so interested in everything they saw it took nearer three and their hostess was beginning to worry that they had come to grief on the steep slopes. The weather was not too good but they were determined to enjoy themselves. Many of the flowers they saw were local variants of flowers found in Britain such as spike rampion, bee orchid and black-eyed primrose. To their great delight one of the other guests was a butterfly expert and they were able to learn something of what species they might be able to see and where to find them. The weather improved on the second day and they saw their first butterfly, a dappled white.

The next day they went to the Jardin Botanique du Tourmalet. Opened in 1996 it specialises in plants of the Haut Pyrenees. They were particularly taken with the elderflower orchid, a dark blue gentian, The pyrenean snakeshead fritillary and a viola cornuta.

One thing they soon realised was that they were really a little bit early in the season to see the Haut Pyrenees at their best. The snow had only just gone, (in June), many flowers were not yet out and quite a few places of interest and restaurants were not yet open. However they were determined to enjoy themselves and the next day they set out on a minibus trip to Lac D'Orrec. There they had a real "feast" of butterflies and wildflowers. They saw a grizzled skipper, clouded yellow and sooty copper.

There were pyrenean antirrhinums, mountain kidney vetch, swordleaved helleborines and burnt top orchids. They also saw a marmot on guard outside a burrow.

By the last day of the holiday the weather had really warmed up. The unfertilised unploughed alpine meadows were rapidly coming into flower and they saw many more butterflies. The pearl bordered fritillary, queen of spain fritillary, batten blue, mazarin blue, chequered skipper and green veined white were all to be seen in the meadows. They also saw a family of griffin vultures and a lammergeier or bearded vulture while on a visit to the Pic du Midi observatory. Overall it was a very successful holiday in spite of one of the pair succumbing to a stomach bug late on in the stay. It was perhaps just as well that the weather in Britain delayed the plane they were to have taken. they had an extra night away and allowed the sufferer to recover more.



**The focus of this talk were the crossings at Old and New Passage**

From AD 43 Roman conquerors needed a ferry to access Caerleon and Caerwent. Crossings up river, such as at Arlingham, were less important.

From 1066 Normans crossed to Chepstow where they'd built a castle.

From 12C Cistercians from Normandy crossed to Tintern Abbey.

1579 Saxton's Map shows 2 crossings - from Aust ('Old Passage') and from Chiswell Pill near Pilning ('New Passage'). As did a 1766 map Charles I crossed at New Passage, chased by Roundheads. Royalist boatmen misled them and left them on a reef where they drowned, which led Cromwell to stop that ferry. It was restarted in 1718.

18C ferry is pictured with passengers, horses and livestock.

1734 Daniel Defoe wrote of the Aust Ferry to Beachley, as well as the bore, wind and rough passage which meant he went by road via Gloucester.

1748 John Wesley didn't cross at New Passage because of storms. He'd missed the Old Passage ferry so preached in Aust in snow and crossed later.

1763 Bath Chronicle: John Palmer, theatrical entrepreneur took thespians in a red and black coach, the same colouring as mail coaches. He went to Bristol Docks to find out ferry times.

1807 Thomas Pierce advertised Aust Tavern Old Passage for when it was impossible to cross. Entrepreneurs realised that hotels at Beachley and Aust would be lucrative.

**McMANUS SERVICES** Groundwork & Landscaping Contractors

BRICKWORK • DEMOLITION • DRAINAGE  
DRIVEWAYS • FENCING • TURFING • DECKING  
PATIOS • PAVING • CONCRETE PADS  
TARMAC • RESIN BOUND SURFACING  
MINI DIGGER & OPERATOR HIRE

Local Family Business  
ALL Works Guaranteed  
FREE Quotations

Call : 01454 600 005 or 07771 562 862 / Email : [Mcmanusservices@outlook.com](mailto:Mcmanusservices@outlook.com)

**2 Men Went To Mow**

ALL Aspects of Garden Maintenance  
FREE Estimates  
Fully Insured

**Garden & Tree Service**  
Local, Friendly and Reliable  
Tel : 07956 311 901  
Email [kev@2menwenttomow.co.uk](mailto:kev@2menwenttomow.co.uk)

Grass Cutting • Tree Surgery (NPTC Qualified)  
All Types of Tree Work undertaken  
Pruning & Hedge Cutting • Jungle Areas Cleared  
Contract Grass Cutting

**St Helen's Pre-School Little Stars**

St Helen's School – Alveston  
Pre-school sessions available to children from 2 years old.  
Monday – Friday: (please enquire for available hours & which days we run our Forest School)  
Tel: 07717 216 762 (daytime only)  
Email for information or enquiries : [littlestarsalveston@gmail.com](mailto:littlestarsalveston@gmail.com)  
[www.sthelenspreschool.co.uk](http://www.sthelenspreschool.co.uk)

**Dave Webb**  
PAINTER and DECORATOR

07809 869 149  
01454 201 640

*Reliable, Professional, Friendly Service  
Please ask for your Free Quotation*

**THE MOWER DOCTOR**  
SPECIALISTS IN ALL GARDEN MACHINERY & OUTDOOR POWER EQUIPMENT

MAIN DEALERS FOR  
MTD Lawliffe • MTD Yardman • MTD Cub Cadet Victor  
Shanks  
Flymo • Haxby • Rover Mowers • Toro Mowers  
McCulloch Brushcutters • Chain Saws  
Hedge Trimmers  
Stocks of Ialco Garden Tools

**POWER MEC MINUTE MAN Electric Mixer**  
from £189.00 in box or £199.00 built-up inc.VAT

FOR A COMPLETE RANGE OF ELECTRIC ROTARY – CYLINDER MOWERS  
RIDE ON MOWERS from 24"/60cm to 54"/137cm CBT  
DIRECT COLLECT or MOW  
also in stock the NEW TOUCH & MOW  
ROTARY MOWER from MTD  
Units 2-3 The Rearing Unit Oldbury Lane  
Oldbury on Severn, Thornbury, S.Glos. GL35 1HF  
TELEPHONE : 01454 411 701

Access   VISA

1825 the St Pierre steam packet used New Passage until 1831.  
1827 'The Cambrian' describes Old Passage preparing for a steam vessel from London through Chippenham and Chipping Sodbury. Royal Mail traffic used both routes, operated by separate opposing ferry associations. Old Passage investment by the Duke of Beaufort (who had property in Monmouth) meant the more direct but more difficult route via New Passage declined. In 1835 the Bristol Mercury reported that letters could be answered the same day.

1839 The Aust ferry was lost. 10 people onboard drowned. William Crawshay III, from a S Wales iron mining family, missed the normal ferry and caught a horseboat. It capsized in a squall when the 8 horses stumbled. His body was found a week later at Lydney and a farmer's body travelled in the other direction.

By 1859 iron hulled steamers ran hourly each way.

1863 New Passage pier opened, designed by Brunel, linking to the railway.

1886, Severn Tunnel, from a point just S of New Passage, made the ferry redundant. The pier was dismantled, but beach, promenade and hotel remained popular with day trippers.

Samuel Baldwin Rogers, iron manufacturer, proposed a bridge made from stone.

1909f cars were carried from Pilning through the tunnel at the back of the train.

1926 Enoch Williams, architect, built a 200 foot pier at Aust and launched a pleasure boat, the Silver Queen, the first motorised ferry for bikes and motor bikes. In 1927 a car was precariously loaded on as it was needed by a doctor  
1928 Aust Pier was damaged beyond repair. Williams formed a car ferry company. Princess Ida, built in Chepstow of oak from Sedbury Park near Beachley, carried 4 large and 6 small cars. (Enoch's wife Ida launched it). Queues built up and for later arrivals there was no guaranteed crossing.

1929 Western Daily Press reports proposals for a bridge resembling the Prince of Wales Bridge.

1931 12 crossings on each tide, taking in total 60,000 cars until 1934. Enoch was a full time ferry operator.

1934 Piers were enlarged. The 17-car Severn Queen was launched. Cars had to turn sharply off the ramp onto the ferry, then be turned on a manually operated turntable before being parked. The process was reversed for unloading. Ida gave Enoch this idea because she remembered her father taking her to an engine works where she'd seen a turntable.

1935 Severn King launched.

1940-45 Ferries carried 14,000 British and 30,000 US army vehicles.

1945 Beachley Pier was built of stone but Aust was almost all wooden and collapsed in gales. Paratroopers built a Bailey bridge within 2 weeks.

1950s Queen Elizabeth and Prince Phillip were hosted and a reception held at Beachley Pier. The Severn Princess, launched in Hull, arrived via Land's End.

1966 The first of the road bridges was opened. 1967 the Severn Ferry Company was wound up.



**HK HARKELL BUILDING SERVICES**

EXTENSIONS · ALTERATIONS  
 MAINTENANCE · REPAIRS  
 BRICK & STONE WORK  
 PLASTERING · CARPENTRY  
 ROOFING · DECORATING  
 UPVC WINDOWS & FASCIAS  
 ELECTRICAL & PLUMBING  
 PATIO · FENCING  
 LANDSCAPES

**FOR A FREE QUOTATION  
 PLEASE CALL**

**TEL 01454 617 110**  
**MOBILE 07876 682 546**

**Memorials & Monuments**




**supplied and erected by  
 Neil Vizard  
 01454 418 763**

**elitefitness**  
[www.elite-fitness.co.uk](http://www.elite-fitness.co.uk)

Continence Zone · Treatment Machine · Group Fitness · Massage Room  
 Heated · Full-sized Floor Space · Saunas and More

**Recover faster from £2.50 per week**




**RussellKnight**  
 PERSONAL TRAINING  
[www.rkpersonaltrainer.com](http://www.rkpersonaltrainer.com)

• One-on-One Personal Training  
 • Short and Long Term Deals Available  
 Call today to book your free consultation

**My Physio**  
[www.myphysio.org.uk](http://www.myphysio.org.uk)

• Clinic and Home Visit Services  
 • Sports Massage, physiotherapy



Find us under one roof @ Elite Fitness, 24 May St, Thornbury, BS38 2AT

Call 01454 418 828 to book an appointment

**Star Legal**  
 SOLICITORS

- ★ Commercial & Residential Property
- ★ Corporate and Commercial
- ★ Criminal Defence
- ★ Landlord & Tenant
- ★ Matrimonial & Family
- ★ Mergers & Acquisitions
- ★ Trusts, Wills and Probate

40 High Street, Thornbury, Bristol, BS35 2AJ  
 Tel: 01454 414 342  
 Email: [ThornburyHS@star-legal.co.uk](mailto:ThornburyHS@star-legal.co.uk)



## ST HELEN'S SCHOOL NEWS

The school was visited by OFSTED in December and a judgement of Outstanding given. We were particularly delighted with the first line of the report: 'Flying High' is the vision that sits at the heart of St Helen's Primary School. Leaders, staff and governors are highly ambitious for all pupils. Flying High is our vision for all our children and we hope that we instil in them a love of learning and desire to be the best that they can be and aim to Fly High. Here are some of the amazing things that we have been doing in school over the last month.

**Cherry Class 'Walking for WaterAid'** As part of their topic 'What is fair?', children in Cherry class (EYFS) have been looking at the supply of water around the world and raising awareness of how some children aren't as lucky as us and can't just turn on a tap for their water. Some children walk an average of 3.7 miles each day to collect clean water. To help with the understanding of the topic the children took part in a walk to Mrs Woolford's house in Alveston, with a small bucket, to collect water and bring it back to school. Thank you to their family and friends for sponsoring them - they raised an incredible £549 for WaterAid.

Over the last few weeks we have had two school trips, the introduction of certificates for NumBots in KS1 and our new KS1 reading challenge. Also, teachers have been working in each other's classrooms to learn from each other, to help ensure our Maths teaching is the best it can possibly be. Last month I had the pleasure of accompanying the Year 1 and 2 children to Noah's Ark Zoo Farm in Wraxall,

as they looked to develop their knowledge of animals and their habitats. Throughout the day what struck me most was the children's thirst for learning and how well they represented our school and our 'Flying High' values. These 'Flying High' values were also seen following the Year 5 and 6 trip to the Armstrong Hall in Thornbury to watch Macbeth, when I was delighted to receive an email praising the behaviour and manners of our children. One helper on the trip said 'Sometimes I am still blown away by the children's natural politeness' which is delightful to hear.





**MEMORIAL  
WOODLANDS**  
BRISTOL

**Funeral Directors  
and Cemetery**

Unhurried, individually-crafted  
services for  
Cremations & Burials

admin@memorialwoodlands.com  
01454 414 999



### **"Into the Light" exhibition celebrating Candlemas**

Well done Year 3 children who produced beautiful pieces of art for the Candlemas Service at St Helen's Church. They worked incredibly hard with several local artists to produce lovely lanterns.

### **Letter from the Department for Education**

Last week we were delighted to receive a letter from the Minister of State for School Standards, the Rt Hon Nick Gibb MP, congratulating us on our KS2 results. Our progress scores from results last year (the progress children make from KS1 to the end of KS2) put St Helen's in the **top 3% of primary schools** in the country. A fantastic achievement.

### **Girls' Football Team**

Well done to the girls' football team who made it through to the third round of the Cup after a very exciting 3-1 win on penalties v Mangotsfield Primary. This was after a great match which saw the girls winning 4-2 with only 5 minutes left, before finally drawing 4-4. A special mention to Evie R in Year 4 who scored all 4 goals! **STOP THE PRESS:** The Girls have just played their quarter final game and sadly lost 4-0 but a huge well done to the team.

### **Global Curriculum:**

As part of our partnership with St Mary's Primary school in Yate, we have looked at the design and intent of our curriculum and have built our new curriculum around a Brave Change markers concept, where children think about how they can make a difference in school and the wider community. Our Global Curriculum Theme for this term across the whole school is Social Justice, where throughout our curriculum topics and lessons we weave in key questions such as "What does fairness mean?" and "What does it mean to be treated unfairly?". The children will discuss the global theme, at an appropriate age related level, alongside their curriculum objectives.

The children look forward to showing their amazing work to Friends and Family at our next Curriculum Showcase event at the end of Term 4.

Kelvin Chappell

Head of School.



## HAPPY BIRTHDAY HELMET

On the front cover of this month's 500<sup>th</sup> edition we have a mosaic of the Helmet, displayed in the Methodist Church, and a Methodist minister's thoughts from the 50<sup>th</sup> edition to remind us of the origins of the magazine. John Dyer established the Helmet and was its editor for the formative years. He took up the banner again in April 1990 but I don't know how long for. For some time a 'John Dyer Award' was presented to Alveston folk who had served the village in a voluntary capacity



In 1971 Charles Poole won a competition to name the publication now known as HELMET because it is a collaboration between the St HELEN's and METHodist churches. In 1975 his son Geoffery won the 'design a logo' competition. Geoffrey drew the underlying design for the mosaic shown on the front cover, apparently commissioned by Joan Nunn in memory of her mother. One for each church was beautifully mosaiced by a local elderly gentleman. The choice of the Helmet has added symbolism. St Paul's letter to the Ephesians includes the helmet of salvation as part of the full armour of God. It protects our thoughts from the lies of the enemy and gives assurance of salvation.

The cover shown here was the design used for 20 years.



The book swap phone box is being quite well used and is now well equipped with a variety of reading materials

Parish Council information can currently be found at <https://alveston.org/alveston/alveston-parish-council> with regular updates. Please visit the website for all the latest information.

Contact Alveston Parish Council on:  
01454 413550  
email: [clerk@alvestonpc.co.uk](mailto:clerk@alvestonpc.co.uk)



## Alveston fringe festival of art and craft

**May 14<sup>th</sup> -16<sup>th</sup>**  
**St. Helens' Church Art Group** would like to invite all local art and craft groups to join us in celebrating the skills of Alveston, whether you are making jewellery, needlecraft, painting, ceramics or cards; what ever your interests, all are welcome.

To take part or for more information contact Anne Harrison on 01454 885532.



ANDERSONS • ANDERSONS • ANDERSONS •

**ANDERSONS**  
WASTE MANAGEMENT LTD

**DID YOU KNOW???**....

If you have a Septic Tank, Treatment Plant or Cesspit at your property, it requires an empty/de-sludge at least once a year as recommended by the environment agency.

**REGULAR EMPTIES ONCE A YEAR CAN AVOID PROBLEMS WITH TANKS BACKING UP AND OVERFLOWING.**

INLET WATER LEVEL OUTLET

A RISING SLUDGE LEVEL  
If a rising sludge level is not detected and removed, it will cause problems for all those people who use the tank.

**Please call us for a quote**

Unit 6 Hydro Estate, St Andrews Road, Avonmouth, Bristol, BS11 9HS  
South Gloucester: 01454 222 888  
Weston Super Mare: 01934 419 599 • Bristol: 0117 982 1182  
Registered in England No. 4001914 [www.andersonswaste.co.uk](http://www.andersonswaste.co.uk)

ConstructionLine Avetta Kinspan Klargester FSB SSIP

ANDERSONS • ANDERSONS • ANDERSONS •

## CATS (CLIMATE ACTION THORNBURY AND SURROUNDINGS)

is a part of Sustainable Thornbury and was formed in response to the October 2018 report of the IPCC (Intergovernmental Panel on Climate Change) which told the world of the need to become Carbon Neutral within just a few years if we are to ward off the worst impacts of climate change.

We in CATS believe it should be possible for Thornbury and all the surrounding areas to become carbon neutral by 2030 if we act now. All of us will have a part to play, as individuals and as associates of the companies we work for, the institutions we study at and the clubs and societies we participate in.

CATS is starting to work with local government, businesses, community groups and other organisations to develop projects that will contribute to a carbon neutral future. Projects will enable reductions in carbon emissions and also increased biodiversity of wildlife.

Meanwhile we are currently holding monthly educational meetings open to the public (optional £1.00 donation for room hire) on climate solution issues. They will usually be at the Chantry in Thornbury but in April we will be out and about with meetings in Alveston (St Helen's Church on Monday the 20th) and Olveston (Olveston Methodist Hall on Wednesday the 22nd.)

Both meetings will start at 7.30pm. We will tell people what CATS is trying to achieve and find out how we can fit in with initiatives already going on in the villages. If you can't make the meeting for your village, you will be very welcome to turn up at the other one.

In May we will be back in Thornbury on Monday 11th for another themed evening, when we hope to have a talk by Wessex Water on sewerage as part of an ongoing Waste theme.

Previous themed meetings have been held on local biodiversity (Feb 20) and how the local councils work (March 20). You can see a report from the Feb 20th meeting on our website under 'Who We Are/Our Meetings' and from now on we will add in reports from all the meetings.

For further information and details of the next meetings contact [cats@sustainablethornbury.org](mailto:cats@sustainablethornbury.org); [www.sustainablethornbury.org](http://www.sustainablethornbury.org)





**Cookin' On Gas Ltd**

**Sales • Repairs & Installation of Gas / Electric  
Cookers • Washing Machines • Dish Washers  
Tumble Dryers • Fridges • Freezers**

**Matt Cole** tel: 01454 851 545 mobile: 07715 705 670  
1 Olive Gardens • Alveston • Bristol BS35 3RE  
[www.cookinongas.co.uk](http://www.cookinongas.co.uk)

GSN 211879



**Children's Day Nurseries**

Full and part-time childcare  
Open 51 weeks/year 8:00am til 6:00pm  
Large indoor and outdoor play space  
Home-cooked organic food  
Qualified, caring staff  
Fun-themed rooms  
Home from Home setting  
Nursery Education Grant funded  
All Childcare Vouchers accepted

Please contact us for further information

**Alveston** Tel: 01454 429409 [www.ncnfd.co.uk](http://www.ncnfd.co.uk)  
**Charfield** Tel: 01454 269500 [info@ncnfd.co.uk](mailto:info@ncnfd.co.uk)

**Ridge Roofing**  
**ALVESTON**

**Roofing**  
**General Maintenance**  
**Leadwork**  
**Chimney Repairs**  
**Traditional Gutter**  
**Cleaning • Repair**  
**and Replacement**  
**External Painting**

**Tel : 01454 885 766 anytime**  
**Mob : 077 241 669 17**

We were relieved to find that the storms in late February had caused little damage to the allotment plots, although a few sheds had some of the roof felt ripped off.

However, a tall Apple tree in the corner by plot 21 was blown over onto the neighbouring garden! We had suspected for some time that this tree was dying as it had not produced any apples for a couple of years and was getting increasingly covered in ivy. It can now be seen that the whole trunk had become rotten and hollow! This may be just as well - as if the trunk had been solid it could have caused a lot more damage! We were grateful for the prompt action of the Parish Council in organising tree surgeons to clear it, and there is now a pile of logs and an interesting stump which we hope will serve as home for wildlife.



March is traditionally one of the busiest months of the year and hopefully we will have seen drier weather and the allotments will have become a hive of activity as plot holders get on with sowing and planting crops such as potatoes, peas and broad beans, and root crops including parsnips, carrots and beetroot.

If you would be interested in joining us and would like to put your name down for a plot please email [clerk@alvestonpc.co.uk](mailto:clerk@alvestonpc.co.uk) and/or [alveston.allotments@gmail.com](mailto:alveston.allotments@gmail.com) There may be a short waiting list.



**UK and EUROPEAN Brochure Out NOW!**



**applegates coaches**

Please phone or call for enquiries to :  
Heathfield Garage, Newport A38  
Berkeley, Glos GL 13 9PL  
**tel : 01453 810 314**  
**www.applegates.co.uk**

Excursions are again included in the package price of ALL tours in 2020

**Honfleur & Monet's Fabulous Gardens**

**Sunday 20<sup>th</sup> September 2020 5 days/4 nights - £528.00 per person**

Based in the "Hotel Mercure Honfleur at the edge of the Old Town"

Our price includes: 4 nights Bed & Buffet Breakfast  
Full day coach excursion to Giverny incl. entrance fees  
Full day coach excursion to Rouen with Guided City Tour

**Please RING for 2020 Daytrip Brochure-OUT NOW !!!**

**APRIL 2020**

<b>TUES 7th</b>	<b>Abergavenny Market</b> : Passing through the Brecon Beacons with the highest mountain in Wales Pen-y-fan with a short break at Coerphilly :	<b>17.00ad 15.00ch</b>
<b>MON 13th</b>	<b>Easter Monday Circular Tour</b> : <b>PERSHORE</b> for coffee and the War Horse sculpture made of donated horseshoes made by Steven Cooper. Also ashes from Royal Military Police Dog named 'Chief'. A lasting memorial for men, women & animals who died in the wars. Then to <b>EYESHAM</b> for lunch & <b>BROADWAY</b> gateway to North Cotswolds with ancient stone cottages and antique shops and afternoon tea :	<b>17.00ad 15.00ch</b>
<b>WED 15th</b>	<b>Clarks Shopping Village, Street</b> : The bargain shopping village :	<b>13.50ad 11.50ch</b>
<b>SUN 26th</b>	<b>Tulip Festival @ Chenies Manor House &amp; Gardens Buckinghamshire</b> : To Amersham Old Town with half timbered houses and cottages (1450) housing the Museum and Market Hall and the town's goal. Excellent pubs & restaurants. Then to the Tudor Chenies Manor House overlooking the Chess Valley. Medieval well, dungeon and priest hole, with tulips and a cream tea to finish : inc house entry to gardens & cream tea :	<b>41.60 per person</b>
<b>WED 29th</b>	<b>A Great Day Out at Milestones Living History Museum, Basingstoke including canal cruise at Odiham!</b> : A living history with full size streets, period shops, vintage vehicles and railway with a working pub and cafe. At 14.30 hrs catch our 2 1/2 hr narrow boat cruise with cream tea : inc Museum/cruise & cream tea:	<b>44.75 per person Early Booking Required!!</b>

**MAMA MIA!**

**BRISTOL HIPPODROME**

Wednesday 3rd June Evening **19.30 £60.00**  
Thursday 11th June Matinee **14.30 £60.00**  
Monday 15th June Evening **19.30 £60.00**

**Pembrokeshire 'A Natural Beauty'**

**5 Days £399.00 THURSDAY JUNE 11th 2020**

**mustdust**

More than just a cleaning service... we are your **Emergency Service!!**

We're unique with support at home, help with SHOPPING, APPOINTMENTS, SITTING SERVICES, COMPANIONSHIP help with MEALS and of course CLEANING!

Regular cleans weekly or fortnightly minimum of 1 Hour each time.

We pride ourselves with a highly skilled team which are DBS checked and use our own ECO friendly products.

**01454 602 113 or 07595414446**  
**Mustdust@mail.com**

**RAY'S GARDEN SERVICES**

**GARDEN AND GROUND MAINTENANCE**

- Stump grinding
- Tree pruning & removal
- Hedges & shrubs trimmed
- Grass cutting
- Fencing
- Turfing
- Garden clearance
- Spraying for weed control
- Patios power washed
- Gravel areas laid

For a no obligation quote please call Chris Tait on **07971 460 239 / 01454 851 771** or visit **raysgardenservice.co.uk**

**MD Aerials**

Call Michael Dagger

**T: 01454 418 341 M: 07817 304 236**

All types of aerial and satellite work undertaken including:

- Digital aerial installations
- Reception on problems
- Additional room feeds
- TV wall mounting
- SeC ng up & tuning
- Free quotations

**Freeview**  
**freesat**

**mike@mdaerials.co.uk www.mdaerials.co.uk**

**L. & J. GULWELL**

**Funeral Directors**


Telephone  
**Thornbury (01454) 418 779**

Personal Attention at Moderate Cost

Free home visit, quote and design

**SELECT KITCHENS**

Bathrooms & Bedrooms



FOR AN APPOINTMENT CALL  
**01454 414976**  
OR EMAIL  
**www.selectkitchenshop.co.uk**  
**selectkitchens@btinternet.com**



## FROM THE HELMET ARCHIVES

51, Feb 1975 Parish Profile, **John Dyer** by Graham Patrick

In July 1970, just before I came to Thornbury, I received a letter from a person called John Dyer, saying he had been asked to edit a new monthly newsletter sponsored by the Methodist Church in Alveston, and asking me to send an article for it. Last month that newsletter, having grown in size and become a joint Anglican-Methodist venture, reached its **50th edition**. Its success and development owes a great deal to John Dyer, who has just retired as the Methodist co-editor.

John was born and brought up in a little village called Perranwell, near Truro. His parents belonged to a small but active Methodist church, his father was his Sunday School teacher and the church had a good youth club. John attended the same day school and church as a girl called Betty, who is now his wife! This Cornish Methodist upbringing had a deep and permanent influence on them both. After National Service in Malta John trained as a teacher. Most of his teaching career has been spent in the Bristol area, first at Patchway High School then after a spell in Salisbury, returning to Filton. When this became Filton High School in 1969 John was appointed a housemaster. He finds this satisfying work and especially welcomes the opportunity for counselling which it offers.

Since coming to Alveston in 1967 John and Betty have been very involved in Methodist Church life. John has been a Junior Church teacher for several years and is now both a Church Steward and a Property Steward and Leader of the Junior Church Club. The church owes a great deal to his energy and enthusiasm. He was a founder member of Thornbury Operatic Society, is a keen brass player, and has numerous other hobbies and interests. Looking back on his years with Helmet John feels very happy that it has become a joint church magazine for he is an enthusiastic supporter of Christian Unity. He admits being editor has been "jolly hard work", but many people have spoken appreciatively of John's practical and down-to-earth editorials. Always they have shown that positive and hopeful approach to life which is so characteristic of him. As he lays down his editorial pen (with some relief, no doubt!) we express our, deep gratitude to him for the inspiration and help he has given us through the pages of "Helmet".



**hair of the hound**

PROFESSIONAL DOG GROOMING SERVICE

- FULL GROOM
- POPPY PACKAGE
- HAIR CLIPPING
- DE-SHEDDING PACKAGE
- BATH & WASH
- REND STRIPPING
- EAR CLEANING/PLACING
- TEETH CLEANING

Find us : 28 Stoke Common, Alveston, Thornbury BS35 9PJ  
Tel : 07934 007 167 Web : hairofthehound.co.uk  
Facebook : search hairofthehound



**MEDWAY Designs**

**Sewing & Alterations**

- Bridal Wear
- Alterations
- Evening Wear
- Day Wear
- Soft Furnishings and Re-upholstery

Ask about sewing lessons

Delivery & Collection Service Available

Lois Coulson  
0117 969 1798 : 07950 396064  
loiscoulson@ymail.com  
14 Watch Elm Close, Bradley Stoke

Call Now for a friendly personal service

THORNBURY LIBRARY If you register your card for our Open Access System, and attend an induction, you'll be able to access library facilities any day throughout the week. You can borrow and return books and use the computers. Please speak to a member of staff for advice


**A 15 minute lapse will occur between staff closing Ē me and Open Access starĒng**

### STAFFED TIMES

Monday	9.30am-5.30pm
Wednesday	9.30am-5.30pm
Thursday	9.30am-5.30pm
Friday	9.30am-5.30pm
Saturday	9.30am-12.30pm

### OPEN ACCESS (Unstaffed)

Everyday	8.00am – 7.30pm
----------	-----------------



**Thornbury Osteopathy & Physiotherapy**

EDWARD GILBERT BSc, PGCE, DO  
OSTEOPATH

KAREN WOODMAN HCPC REG  
CHIROPODIST

NICHOLA CRABTREE accredited sports-injury clinician  
INTEGRATED PERSON CENTRED COUNSELLING

BACK PAIN	CHIROPODY
NECK PAIN	JOINT PAIN
STRESS	LOSS
ANXIETY	DEPRESSION

10 The Plain,  
Thornbury, Bristol, BS35 2AG  
01454 281243  
www.thornburyop.org



**OVENCLEAN.**

The original oven cleaning specialists

Ovenclean will transform your oven and put sparkle back into your kitchen!

Local, friendly, professional, reliable

Eco-friendly cleaning, no fumes, no mess

Call Myles on 07557 110 932 or 0117 969 5228  
www.ovenclean.com

## Helmet If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

- ☐ Picking up shopping ☐ Posting mail  
☐ A friendly phone call ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

## Helmet If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

- ☐ Picking up shopping ☐ Posting mail  
☐ A friendly phone call ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. **#ViralKindness**

We have a request for issues 157 – 177 (about 1985-87) and 180-209 (1988 to end 1990) and 233-255 (April 1993-June 1995) if anyone has a store in their loft.

We need your articles by the 1<sup>st</sup> of the month preceding publication. Send to

**alvestonmag@gmail.com**

Or post to 'Helmet Magazine', 1 Beech Close, Alveston, BS35 3NH.

Deadlines – MAY edition: Wed 1<sup>st</sup> April. **Please be aware that this may not go ahead in print format.**

JUNE edition: Wed 1<sup>st</sup> May for distribution by **Wed 3<sup>rd</sup> June**

**Please note – our June edition will not be collated until Tuesday 2<sup>nd</sup> June for delivery by Wed 3<sup>rd</sup>.**

**News for the beginning of June will need to be sent in by 1<sup>st</sup> April for our May edition.**

## NOTICEBOARD

### Helmet dates 2020

We collate/deliver on the LAST Tuesday of each month

**NOTE exception is June 2<sup>nd</sup> instead of May 26th**

The deadline is the 1<sup>st</sup> of the previous month. We are still taking our usual breaks for August and January

**Corona Permitted**

EdiŃon Deadline	CollaŃon
May	APRIL 1 online ediŃon?
June	MAY 1 JUN 2
July	JUNE 1 JUNE 30
Sept	AUG 1 AUG 25
Oct	SEPT 1 SEPT 29
Nov	OCT 1 OCT 27

Alveston Helmet relies on a large network of 'deliverers' who have been involved for many years. We are, as always, grateful for your involvement. We'd like to draw your attention to the change of date - the June Helmet will arrive with you on TUESDAY 2<sup>nd</sup> June. Please let us know if this is a logistical problem



CONTENTS this month include

A leNer from Methodist minister,  
Simon, with a relevant prayer, pg 3  
The Methodist Church news with some  
local history, pg 11  
Report from the WI on their visit from  
a local arFst, pg 18  
The Easter Egg TradiFon, pg 19  
Report from the repair café, pg 20  
S Glos Over 50s Forum update, pg 27  
Plants from the Pyrenees, pg 28  
The Severn Ferries, pg 29  
News from St Helen's School, pg 33  
Helmet archives, pg 36, 44  
CATS climate acFon group, pg 39  
Alveston Allotments update, pg 41  
Some flyers for contacFng neighbours  
if not already done, pg 46.

Many events – no doubt to be  
cancelled.

**PRINTED BY  
MOTION PRINTING LTD**  
**FOR ALL YOUR  
PRINTING AND  
DESIGN NEEDS**

**motion**  
motiondesign&print  
**0800 999 2236**  
Based Severn Beach

BUSINESS CARDS  
HEADED PAPER  
NCR SETS & PADS  
FLYERS & LEAFLETS  
BANNERS & POSTER  
CORREX PRINTING  
BROCHURES & FOLDERS  
GRAPHIC DESIGN  
WEBSITE DESIGN  
info@motionprinting.co.uk  
www.motionprinting.co.uk



Window & Gutter Cleaning

Window Cleaning

Gutter Cleaning & Repair

Fascia & Soffit Cleaning

Conservatory Roof

Solar Panel Cleaning

Power Washing

M: 07590 201264

T: 01454 436162



**FRESH FRUIT & VEGETABLES**

**Bird Food & Seed**

**DELIVERY AVAILABLE IF YOU**

**ARE WORKING ALL DAY !!**